Oatmeal

Makes: 6 servings

Prep Time: 1 min

Cook Time: 10-12 minutes

Ingredients:

- **2 L** water
- **2 tbsp** vanilla
- **¼ cup** maple syrup, molasses, dark agave nectar, bananas, raisins or apple cider
- **3 tbsp** sea salt (optional)
- **4 cups** rolled oats

Other Options:

- **½ cups** raisins or chopped apples
- **⅛ cups** shredded coconut
- **1 tbsp** nutmeg

Equipment:

- **2 L** cooking pot

Bring water to a boil in a large pot. Add remaining ingrediants, return to a boil, then turn to low heat. Stir often. Cook for two to five minutes. Remove from heat. You can serve with margarine and sweetener or substitue bananas or apple juice to sweeten the oatmeal.

Facebook Twitter Instagram GoFundMe Email Mastodon

This website is developed and maintained by people living in amiskwaciwâskahikan. You can read our full land acknowledgement here.
The code for this website is hosted on github and is licensed under Creative Commons Zero v1.0 Universal.
If you'd like us to delegate DNS for YourGroup.foodnotbombs.us to you, contact Jay Hannah of FNB Omaha. Currently YourGroup is being redirected to the global homepage.